

Argentinean Grilled Steak with Salsa Criolla

Rating: ★★★★★

Prep time: 25 minutes

Makes: 4 Servings

Tonight, try a recipe from South America! Enjoy these Argentinean-style steaks with a homemade Criolla Sauce, packed with flavor.

Ingredients

For the sauce:

- 1** large, ripe tomato (cored, seeded, and finely chopped, about 1/2 cup)
- 1/4** small red onion (finely chopped, about 1/4 cup)
- 2 tablespoons** fresh parsley (finely chopped)
- 2 teaspoons** extra virgin olive oil
- 2 teaspoons** red wine vinegar
- 1/2 teaspoon** minced garlic
- 1/4 teaspoon** oregano leaf
- 1/8 teaspoon** low-sodium adobo seasoning
- 1/8 teaspoon** crushed red pepper

For the steak:

- 1 pound** skirt steak
- 1/8 teaspoon** low-sodium adobo seasoning

Directions

For the sauce:

1. In a small bowl, mix together tomato, onions, parsley, olive oil, vinegar, garlic, oregano, low-sodium adobo seasoning



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220	
Total Fat	11 g	17%
Protein	25 g	
Carbohydrates	5 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	3.5 g	18%
Sodium	80 mg	3%

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Vegetables	1/4 cup
Protein Foods	2 1/2 ounces

and crushed red pepper.

2. Cover and refrigerate for at least 1 hour or up until 48 hours.

For the steak:

1. Heat grill to medium-high heat. Sprinkle steak on both sides with low-sodium adobo seasoning. Place steak on hot, greased grill grates.
2. Cook, flipping once, until steak is well browned on both sides and cooked to 145 °F (about 6 minutes for medium-rare).
3. Let rest for 5 minutes. Thinly slice steak.
4. Divide steak evenly among serving plates. Top with reserved Salsa Criolla

Notes

Serving Suggestions: Pair with Arepas, cornmeal patties popular in Columbia and Venezuela, and a healthy Quinoa Salad for a South American Steak Supper.

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